

St. John School

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Principal: Nicole Isabelle

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Office Coordinator: Melanie Reeder

Trustees: D. Boyko, H. Byblow

NEWSLETTER 4

JANUARY 2021

Mission Statement

St. John School is a welcoming community where we nurture faith, encourage excellence in learning and inspire students to serve others, making the world a better place. We love because He first loved us

-1 John 4:19

Our theme for the year is:

"Love God, love yourself, and love your neighbour."

MESSAGE FROM ADMINISTRATION

We continue to be thankful for all your support as we continue on this year's school journey. Our students have adapted so well to the many changes and expectations. We ask for continued diligence in keeping children home when not feeling well, mask wearing, distancing when able, and extra handwashing, hand sanitizing and cleaning.

Take care and be safe.

Nicole Isabelle & Jesse Baptist

ST. JOHN SCHOOL DAY

8:40 a.m.	First bell
8:45 a.m.	Class Begins
10:30-10:45	Morning recess
11:45-12:05	Lunch
12:05-12:30	Lunch recess
2:00-2:15	Recess
3:15 p.m.	Dismissal

PARENTS ENTERING THE BUILDING

At this time, we are continuing to ask parents to not enter the building. If you are needing to drop anything off for your child/children, please call the office at 306-659-7360 and someone will meet you at the door. If it is absolutely necessary to come into our building, you need to wear a mask and scan our QR code every time for contact tracing purposes. If your phone does not work to scan the code, we have a sign in set up by the office. Thank you for your continued support for keeping our students and staff safe and healthy.

First Student Hotline

306-343-3300

Please feel free to phone this number any-time there is severe weather to check if your child's bus is running!



MARK YOUR CALENDAR!



JANUARY

25—PLD—No School

FEBRUARY

15-19—Break—No School

MARCH

1—Staff Retreat—No School

8—PLD—No School

18—Virtual 3-Way Conferences (pm)

19—Virtual 3-Way Conference (am)

19—No School

20—Progress Reports go home

APRIL

2—Good Friday—No School

5-9—Easter Break—No School

KINDERGARTEN REGISTRATION

Come learn and play with us!



Kindergarten Registration for the 2021-22 school year is now open. Children who will be 5 years old on or before January 31, 2022 (birthday January 31, 2017) can register for kindergarten by contacting the school (306-659-7960) or visiting www.gscs.ca/kindergarten.

At this time, we are not able to give families a tour of the school or the opportunity to meet the teacher in person because of the COVID-19 pandemic. If we are able, we plan on having some form of information evening at the school after the Easter break. If you have questions or need more information, contact us at 306-659-7360 or st.john@gscs.ca.

VALENTINE'S DAY

Due to Covid, we are not able to celebrate Valentine's Day the way we usually do with cards and treats. Please do not send anything with your child to school. Teachers will find a way to celebrate together with Covid-safe activities.



DISTANCE LEARNING TRANSITION DATES

- **February 12** - By this date, we ask that families inform schools if they plan to transition back to face-to-face or to online learning after the February break.
- **March 26** - By this date, we ask that families inform schools if they plan to transition back to face-to-face or to online learning for the remainder of the academic year



MASKS

Masks are still mandatory in all schools and all grades in Saskatchewan. Just a reminder to wash masks after use. We also recommend with the colder temperatures that students have extra masks at school. When masks are damp they are less effective. Thank you for your anticipated support in this regard.



COLDER WEATHER

As the weather is getting colder, we still expect students to come dressed to be outside. One of the recommendations for staying healthy during a pandemic is to be outside as much as possible. Generally speaking, we go outside for recess (and often for Physical Education class) unless it is raining, or the wind chill is -25° or colder. Thank you for ensuring your children are dressed appropriately for the



SCHOOL FACEBOOK PAGE

St. John now has a Facebook page! Stay up-to-date on everything happening around our school! [facebook.com/stjohnschools](https://www.facebook.com/stjohnschools)



CSCC NEWS

Our next CSCC meeting for this school year will be held online through Google Meet @ 6:30 p.m. on **Wednesday, January 20th, 2020**. Please contact Kim at kimmymr@sasktel.net if you wish to be invited to participate. You will receive a Google Meet link via email in order to join the meeting. We look forward to your input.

NUT FREE SCHOOL

We have a number of students who are allergic to peanuts, tree nuts and any other form of nuts. Please **DO NOT** send them to school with your child. Our CHEP room serves Wow Butter which is a Peanut Free Spread. Thank you



SCHOOL ATTENDANCE

At St. John School, the SafeArrival attendance system is used to report student absences. As always, one of our greatest priorities is ensuring that all our students arrive safely to school and are accounted for. Regular attendance is necessary for both academic and social success. With SafeArrival, you are asked to report your child's absence in advance

You have three convenient ways to report absences, and you can report planned absences in advance.

1. On your mobile device, download and install the SchoolMessenger app from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.com>). The first time you use the app, select Sign Up to create your account. Select Attendance then Report an Absence.
2. Use the SafeArrival website, <https://go.schoolmessenger.com>. The first time you use the website, select Sign Up to create your account. Select Attendance then Report an Absence.
3. Call the toll-free number 844-425-7221 to report an absence using the automated phone system.

If there is an unreported absence, parents/guardians will be contacted via the SchoolMessenger Communicate automated notification system. The automated notification system will attempt to contact parents at multiple contact points until a reason is submitted for the absence. If our system is unable to reach the designated contacts, office staff will follow up.

Email communication will come from broadcasts@schoolmessengermail.com. Please ensure you have this email address on your approved sender list so it won't be filed as junk or spam.

GOOGLE CLASSROOM (GUARDIANS)

GSCS Ed Tech Team have created a presentation, which guides you through the basic steps of using Google Classroom as part of your child's learning experience at school. Here is a link to this video to help parents access their Google Classroom. The class code will be provided by your child's teacher. <https://youtu.be/obf9yXoyMxw>

PRE-KINDERGARTEN & KINDERGARTEN SPOTS AVAILABLE



We still have morning pre-kindergarten spots available, as well as all day, every day Kindergarten spots. If you have any friends, family, or neighbors that may be interested, please refer them to our school (306-659-7360).

BEFORE AND AFTER SCHOOL

Supervision at St. John School commences at 8:30 am and concludes at 3:15 pm.

There is no supervision outside of these hours. Before and after school supervision is indoor only.

To help provide for student safety please ensure drop off and pick up times are within these times. Should it be required, a before and after school program is provided at our school. The program can be contacted at 306-665-1450.

GOOGLE CLASSROOM (STUDENTS)

If your child is at home sick, they do have access to their Google Classroom. This will allow them to keep up with assignments that they are missing while they are away. If you can, please make sure that you are able to access their Google Classroom now from home before it is needed. In our school division, some classrooms and even entire schools, have been temporarily closed due to COVID-19 outbreaks. In these cases, the student education immediately moved to online learning. It is important that you are able to access just in case we encounter a similar scenario. If you are having difficulties, please contact your classroom teacher to work out any problems.

PROFESSIONAL LEARNING DAYS (PLD)

Greater Saskatoon Catholic schools have professional learning days for elementary school staff for staff meetings, planning, collaboration and professional development. On these days there are no students at school. The PLDs for the 2020 - 2021 school year are as follows:

Monday, March 8
Friday, May 7
Monday, June 7



COUNSELLOR'S CORNER

Please see the attachment from Cyndi Jeffery, GSCS School Counsellor

NEWSLETTERS

This year newsletters will be sent out electronically (unless specifically requested otherwise). Please contact the office if an electronic version is not suitable for you. Newsletters will also be placed on our website for those who would like to read it online.



Family dynamics during the Pandemic – The Closeness Distance Cycle

We have all heard of the saying “Absence makes the heart grow fonder”, but have you ever thought about the reasoning behind it? J. Kevin Cameron, the founder of the North American Center for Threat Assessment and Trauma Response, writes about the cycle of attachment in his article **“The Closeness-Distance Cycle”** (Bowen, 1985) and the effect the pandemic has had on our family relationships. In it, he describes the natural cycle of desiring closeness with our loved ones, followed an absence (work, school, activities) to create a “break” from each other for a time, which in turn drives us to rekindle the attachment again. This is a healthy, natural cycle that is fostered by the ebb and flow of our daily (pre-pandemic) lives. Quite simply, we all need a certain amount of distance and/or solitude to build healthy relationships.

So, what has happened to this natural flow during the pandemic? Families are spending more waking hours together, at home, without the regular outings, breaks, and alone time that are required to foster the closeness-distance cycle. This could be the result of quarantine, shut-downs, job loss or extra-curricular cancellations. In essence, we are together more, for longer periods, and our distance from each other is almost non-existent. In other words, the distance phase of the cycle has been completely removed. As a result, we aren't getting the breaks from each other we need; the cycle isn't happening as it should, and tensions are rising. Too much togetherness isn't a good thing. At the beginning of the pandemic, we might have all enjoyed the slow-down and the intimacy it created. However, months into it, we may be feeling some pandemic fatigue, and the disruption of the closeness-distance cycle may be contributing to these feelings.

How do we inject some healthy distance back into our relationships within the constraints of pandemic living? First, giving family members some space and separation can go a long way in creating the distance phase of the cycle. This is important for **all** members of the family including couples, parents *and* siblings. Providing more opportunity for individual activities throughout the day (reading, puzzles, movies, online gaming, self-care, or outside time) without your interruption, or involvement, may be the break needed for the relationship cycle to function properly. Second, understanding that everyone has differing needs according to the closeness-distance cycle is important. Some people require more closeness whereas others may need more solitary time. It's important to validate everyone's individual needs and to accept these as a non-threat to your own. As J. Kevin Cameron writes, “helping children and adolescents understand we all need private time is good. Helping them understand we all need it at different times and in varying degrees is even better. We can help to turn a conflictual family into an insightful family whose lessons learned about each other during this pandemic will last a lifetime.” (p.3).

If you want to read more, here is a link to J. Kevin Cameron's article:

<https://www.nactatr.com/files/Closeness-Distance.pdf>

Until next time, *Cyndi*